

# shatter the silence

**SUICIDE**  
THE SECRET  
YOU SHOULDN'T  
KEEP

If your friend tells you they are having thoughts of suicide...

## WHAT TO DO:

- Be honest and express your concern
- Listen and offer support
- Take them seriously
- Offer to accompany them to seek help

## WHAT NOT TO DO:

- Think it will go away
- Keep it a secret
- Think nothing can be done
- Think you can fix it all by yourself

## WARNING SIGNS:

- Talking, thinking or writing about suicide
- Talking about feeling worthless or hopeless
- Losing interest in activities
- Using or increasing use of drugs or alcohol
- Any changes from typical behavior

**TALKING THROUGH FEELINGS WITH YOUR FRIENDS AND TRUSTED ADULTS CAN HELP YOU REALIZE THE NEED FOR HELP. BY SHOWING CONCERN AND SUPPORT, YOU CAN ENCOURAGE YOUR FRIEND TO TALK TO THEIR PARENTS OR ANOTHER TRUSTED ADULT ABOUT GETTING HELP.**

## WHERE TO GO FOR HELP OR INFORMATION

- Go to the nearest emergency room
- Call 911
- Visit [www.dmh.ms.gov](http://www.dmh.ms.gov)
- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Visit [www.whatadifference.org](http://www.whatadifference.org)

